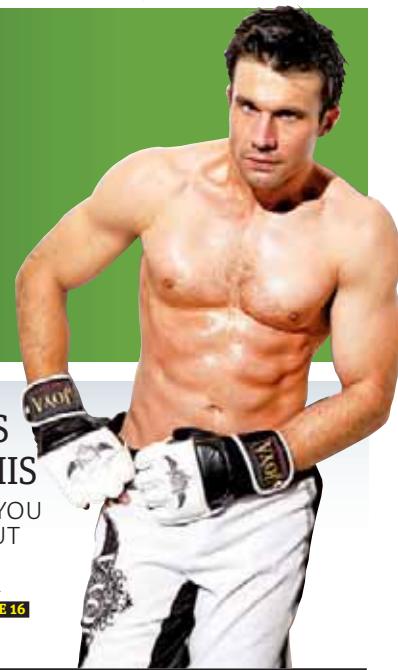


OTTAWA

metro®

NEWS
WORTH
SHARING.

Sea change in this linguini

Zesty roasted seafood over linguini marries the tang of lemon with healthy olive oil

PAGE 18

Cyrano for hire

E-dating ghostwriters strive to help you look your best in your online profile, but they can't guarantee romance

PAGE 19

SCHWARZENEGGER'S GOT NOTHING ON THIS

ACTOR DILLON CASEY GIVES YOU A GLIMPSE INTO HIS WORKOUT ROUTINE, AND OFFERS A WARNING TO THE MUSCULAR SCHWARZENEGGER TYPES

PAGE 16



SAFETY STORE UP IN FLAMES

An SUV crashed into a business called the Safety Store at 1922 Merivale Rd. on Monday afternoon, causing a fire and \$60,000 worth of damage. When firefighters arrived on scene, the engine of the vehicle was on fire, and the blaze spread to the side of the store. The sole occupant of the vehicle was outside when firefighters arrived. She suffered no serious injuries, according to Ottawa Fire Services spokesman Marc Messier. Police are investigating the incident. JANICE JACKO/CONTRIBUTED

Public health takes aim at binge drinking

Booze. In 2011, 28% of Ottawans imbibed more than the recommended consumption limit, according to OPH

Ottawa Public Health (OPH) has redoubled efforts to curb problem drinking in the city.

According to a report released by OPH on Monday, a higher percentage of Ottawans (28 per cent) reported exceeding the recommended weekly alcohol-consumption limits than the provincial average in 2011.

The report, which will go before Ottawa's board of health next Monday, also

found 45 per cent of the population reported binge drinking, classified as having more than five drinks in a sitting, at least once in 2011. That's up from 34 per cent in 2001. The amount of binge drinking reported in Ottawa has been consistently higher than the provincial average since 2003.

The amount of heavy drinking, classified as frequent binge drinking, is also up from 15 per cent in 2001 to 24 per cent in 2011. The numbers are much higher with young adults, with 73 per cent of young men and 48 per cent of young women reporting heavy drinking in 2010.

Dr. Vera Etches of OPH said it's difficult to say why the numbers are increasing.

"It's a complex question, I don't think there's any one

thing that drives alcohol consumption," Etches said.

She did list a couple of factors, including the ability to purchase alcohol (Ottawa enjoys a higher median family income than many cities in Canada) and the amount of young adults attending university in the city.

OPH says it intends to "strengthen" its efforts to reduce problem drinking by continuing services to parents and school-aged youth, increasing access to treatment and referral services, and to promote a culture of moderation through education.

"We're trying to start a conversation in Ottawa, raising awareness that alcohol is the most commonly abused substance," Etches said.

ALEX BOUTILIER/METRO

**Consider a Career
as a Paralegal**

PART TIME EVENING CLASSES NOW AVAILABLE!

CLASSES STARTING SOON!

ALGONQUIN CAREERS ACADEMY

1830 Bank Street • 613-722-7811 • algonquinacademy.com



Strengthen your core savings – Save up to 40% off base airfares with Porter.

It's much easier to save up to 40% off base airfares on Porter than it is to do downward dog (especially for a raccoon). Book by Thursday, March 14, 2013. Namaste.



Flights from Ottawa: Book by March 14, 2013. Travel by June 26, 2013. Advance purchase of up to 14 days is required. One-way fares include all taxes, surcharges and mandatory fees.* Fares starting from:

HALIFAX 5 x daily \$177 Includes all taxes/fees	MONCTON Daily \$145 Includes all taxes/fees	ST. JOHN'S 4 x daily \$219 Includes all taxes/fees	TORONTO 18 x daily \$111 Includes all taxes/fees	QUÉBEC CITY \$166 Includes all taxes/fees	SAULT STE. MARIE \$169 Includes all taxes/fees	SUDBURY \$162 Includes all taxes/fees	THUNDER BAY \$169 Includes all taxes/fees	TIMMINS \$169 Includes all taxes/fees
WINDSOR \$169 Includes all taxes/fees	BOSTON \$191 Includes all taxes/fees	CHICAGO \$210 Includes all taxes/fees	MYRTLE BEACH \$291 Includes all taxes/fees	NEW YORK \$188 Includes all taxes/fees	VERMONT \$195 Includes all taxes/fees	WASHINGTON Dulles \$188 Includes all taxes/fees		

Book online or contact your travel agent.

flyporter.com

porter
Escapes

Vacation packages from Ottawa. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★★
\$503

QUÉBEC CITY

Loews Le Concorde
Deluxe Room
Dept. April 1, 8, 9, 15
; 3 nights

Package includes round-trip airfare to Chicago
Midway, hotel accommodation, all taxes, fees
and surcharges.

★★★★+
\$354

TORONTO

Hyatt Regency
Standard Room
Dept. April 13, 14, 15, 16, 17,
18, 19, 20 ; 2 nights

Package includes round-trip airfare, hotel
accommodation, all taxes, fees and surcharges.

★★★★+
\$740

NEW YORK

Yotel
Premium Cabin
Dept. April 15, 16, 22, 23, 28,
29, 30 ; 3 nights

Package includes round-trip airfare to Newark,
hotel accommodation, all taxes, fees and
surcharges.

★★★★
\$737

WASHINGTON, DC

Liaison Capitol Hill
Deluxe Guest Room
Dept. April 15, 16, 22,
23 ; 2 nights

Package includes round-trip airfare to Washington
Dulles, hotel accommodation, all taxes, fees and
surcharges.

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial "711".

porterescapes.com

* Book by 11:59 pm Eastern Time March 14, 2013. Travel by June 26, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Centre Airport. Prices will vary for alternate flight on same day travel dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Packages include return airfare, all taxes, surcharges and mandatory fees. Applicable taxes and fees are included in rates. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.



The Science Guy. Nye on bosons, coal and more

Science educator Bill Nye is coming to Ottawa's Convention Centre Thursday.

Famous for his PBS children's show Bill Nye the Science Guy, Nye spilled the beans on his talk and more.

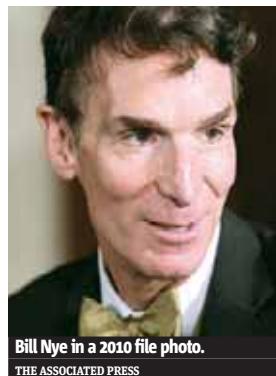
What's the most exciting science research in the past five years?

The Higgs boson. If that turns out to be the real deal ... wow! It would unlock the next secret of the universe. I just think the whole story isn't in yet.

What will you speak about in Ottawa this Thursday?

I want to talk about the opportunity for engineers and scientists and how it's not just a technical field; it's also venture capitalism. I want to remind each person in the audience that they can change the world. We don't want to just do less, like burn less coal. The key is to do more with less. When you think of all the energy heating buildings in Ottawa, there has got to be better ways to store and distribute energy.

GRAHAM LANKTREE/METRO



Bill Nye in a 2010 file photo.

THE ASSOCIATED PRESS

Moynan? Death of Canadian in Panama confirmed

Foreign Affairs is confirming that a Canadian has died in Panama.

The news comes amid media reports that police in the Central American country are looking into whether a body found in a suitcase is that of a missing Ottawa man.

The reports say 68-year-old Ed Moynan went missing from his Panama home in November and the suitcase was found in a nearby national park. Ottawa has not identified the deceased but says it is providing consular assistance to the person's family.

The department says consular officials are also in touch



Ed Moynan is pictured in this image posted to Facebook on the page Find Ed Moynan. FACEBOOK

with local authorities.

On a Facebook page devoted to the search for Moynan, his daughter Sandy posted on Monday that authorities had identified her father.

THE CANADIAN PRESS

The end. Empire closing Rideau Centre cinema

The curtain is falling on Empire Theatre's Rideau Centre as the company prepares to open a new location in the redeveloped Lansdowne Park.

The theatres at Rideau Centre will close on March 21, coinciding with the end of Empire's lease.

In an emailed statement, Kelly O'Brien, manager of Empire's marketing and communications division, said the company "looks forward to serving (their) guests at (their) three other existing Ottawa-area venues."

O'Brien said there is no plan to review Empire's other operations in the city.

Cindy VanBuskirk, general manager of the Rideau Centre, said the mall is pursuing several options for the space. She declined to comment further, including on the status of those discussions.

"We are exploring several options right now, none of which I can discuss," said VanBuskirk.

There have been theatres in the Rideau Centre since 1983, according to VanBuskirk. Empire Theatres took over the space from Famous Players in 2005. The company's new location at Lansdowne Park is expected to open in fall 2014.

ALEX BOUTILIER/METRO

M design takes top prize

Miami Fashion Week contest. Algonquin College graphic-design student beat out entries from around the globe



GRAHAM LANKTREE

graham.lanktree@metronews.ca

A design by Algonquin College graphic-design student Tara Caldwell was selected from a host of international entries to win the 2013 Miami Fashion Week Graphic Artist Poster Competition on Monday.

"I did a lot of preliminary planning before the poster was created digitally," said Caldwell, who will travel to Miami March 23 to accept her award. "I kept seeing big letters in other designs. The letter M has a really cool shape to it and represents

Miami. I started thinking about it and how it looks like the V-neck in a dress."

The rest was just a matter of pinning down the final details, she said. "It's a very simple, bold design. After photo manipulation, font treatment and sizing, my poster was complete."

Set to graduate this spring, Caldwell will receive the International Student Graphic Artist of the Year award and cash from the prize on stage at the Miami Moda and Music Awards ceremony at the Miami Beach Convention Centre.

She also gets a one-hour portfolio review with designer Merri Grace McLeroy, who judged the award.

"It's a good way to test out whether I could do it," said 21-year-old Caldwell. "I think it's a good resumé item and (this) reassures my mind that this is a path I can explore."



A design by Algonquin College design student Tara Caldwell won the 2013 Miami Fashion Week Graphic Artist Poster Competition. CONTRIBUTED

SuiteDreams.com



March Break Specials!

Stay 2 nights in March and you could win a pair of 100-level hockey tickets for April 20th – Ottawa against Toronto!*

*Open to residents of Ontario only. Must be 18 years and over to enter.
Must answer a skill testing question to win. Refer to suitedreams.com for contest rules and regulations.

Cartier Place
SUITE HOTEL
LOCATION • HOSPITALITY • VALUE

Treat the Family!



250 Spacious Suites with Kitchens | Romantic Suites with Jacuzzi | Complimentary WiFi | Games Room | Banquet Rooms | Indoor Pool | Fitness Room | Children's Playroom | Residences

180 Cooper Street | PHONE: 613.236.5000 | RESERVATIONS: 1.800.236.8399

Downtown Ottawa between Rideau Canal and trendy Elgin Street | Walking distance to the "Rink of Dreams" and the Ottawa Convention Centre

Pet Friendly

1
NEWS

Bar public from Magnotta hearing:

Request filed. Counsel says letting the media stay in court could prevent a fair trial

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented on Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk. They say it's necessary to guarantee their client a fair trial.

Clad from head to toe in white, Magnotta sat impassively and quietly, with his arms folded in his lap. His feet and hands were shackled and he was in a glass box

that was sealed off from the rest of the courtroom.

He has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

His court dates have come with a heavy media presence, and Monday's was no different. Journalists crammed into a high-security room, with as many as 30 people in a spillover room in another part of the courthouse. Some reporters lined up before dawn to get inside.

Photographers and videographers waited inside and outside the courthouse, filming and photographing a prison detention bus as it rolled into the courthouse garage.

Those present at the courthouse included Daran Lin, the victim's father, who travelled from China. He was accompanied by a translator. A lawyer representing Lin's parents said he supports the media's fight to keep the hearing open. **THE CANADIAN PRESS**

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing is sufficient.

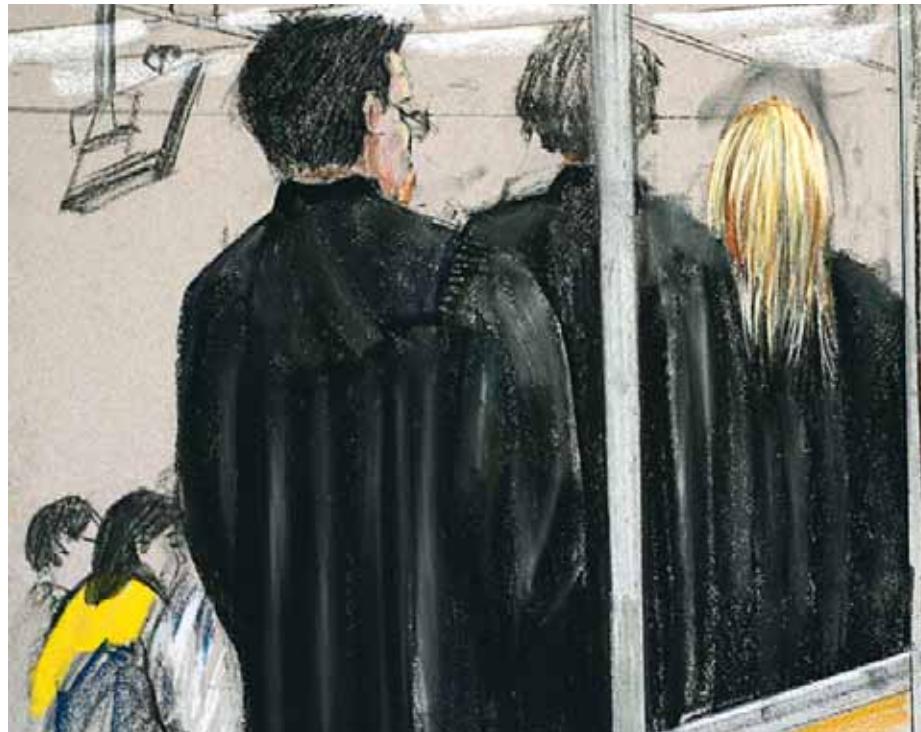
"That publication ban, which covers all the evidence, is more than sufficient to protect the rights of the accused to a fair trial and there's no need to exclude the public and journalists from (the) courtroom," Bantey said outside the courtroom.

He said requesting that reporters and the public be barred is "highly unusual."

"The open-court principle is a hallmark of our democratic society and it should be respected and only in highly exceptional cases should the public be excluded," he said.

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter on Tuesday morning.

The Crown says it's ready to go once a decision is rendered on Tuesday. Four weeks have been set aside for the hearing. **THE CANADIAN PRESS**



A preliminary hearing is set to start for Luka Magnotta, shown at right in an artist's sketch in a Montreal court on Monday. He is

Hurry in for \$0 smartphones¹ AND up to a \$100 bonus gift² on select smartphones.



Plus, get DOUBLE the minutes and data on all Canada-wide plans.³

Offer ends Mar. 18, 2013.

koodoTM

Good call



► FUTURE SHOP

MOBILE SHOP

Walmart

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall
Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

Lawyers



charged with killing engineering student Jun Lin. MIKE MC LAUGHLIN/THE CANADIAN PRESS

Hot button. Confidentiality on trial in warrant for Magnotta interview: Prof

Two University of Ottawa criminologists who police believe interviewed Luka Magnotta for a study of Montreal sex workers in 2007 are going to court to protect a transcript of the interview from falling into police hands.

"The police say they determined one of the people interviewed is Magnotta," said James Turk, executive director of the Canadian Association of University Teachers, which is footing the bill for the legal defence of criminology professors Colette Parent and Christine Bruckert in the Superior Court of Quebec.

"We stepped in because it's vital that their ability to do research is protected," Turk said. "We brought the case to the attention of the university. But it's really disturbing that it refuses to support its professors."

In a letter to Turk dated Dec. 19, 2012, university president Allan Rock lays out the school's position. "The University does not consider that its role extends to the payment of legal costs if researchers decide to challenge the seizure of research records in the context of criminal proceedings," Rock wrote.

"The only word for what (police are) doing is 'disgraceful,'" said John Lowman, a professor of criminology at Simon Fraser University, who has studied threats to confidentiality for 15 years and conducted research similar to that of Parent and Bruckert on the issue of prostitution.

"If you cannot make that guarantee of confidentiality, huge areas of research will be closed down," he said. "There has been a violation of confidentiality that this has happened at all."

Turk said academics have the same need to protect their sources as medical researchers do. "If you're studying deaths in hospitals related to incorrect distributions of drugs," he said, "no one is going to talk to you if you cannot offer them confidentiality."

Both Turk and Lowman agreed that, unlike the United States, Canada has few laws to protect research.

"It brings to a head an issue that the Canadian government needs to deal with," Lowman said. "It's going to make it impossible for evidence-based policy-making if they lose this case." GRAHAM LANKTREE/METRO

Body parts case

Grisly find launched manhunt

Luka Rocco Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese-born student Jun Lin last May.

The 30-year-old low-budget porn actor became known worldwide after an

international manhunt.

Authorities began looking for him after the severed remains of Lin, a Montreal engineering student, began showing up all over Canada.

Magnotta is accused of videotaping himself stabbing and dismembering Lin. He has kept quiet since being arrested in Germany and returned to Canada, and the Crown has not said much about what they believed

happened last May.

It began with the discovery of a torso in a suitcase outside a Montreal apartment and body parts in Ottawa on the same day. Those discoveries triggered a global police investigation.

Magnotta is also accused of mailing body parts to the Ottawa offices of the Conservative Party of Canada, the Liberal Party of Canada and two Vancouver schools. More

body parts were found in a Montreal park.

Magnotta is also charged with committing an indignity to a body, publishing obscene material, criminally harassing Prime Minister Stephen Harper and other members of Parliament and mailing obscene and indecent material.

He has pleaded not guilty to all charges and chosen trial by judge and jury.

THE CANADIAN PRESS

THE OUTDOOR + ADVENTURE TRAVEL SHOW

MARCH 16-17 SAT. 10AM-6PM
SUN. 10AM-5PM

ERNST & YOUNG CENTRE
4899 UPLANDS DR., OTTAWA

SEE COLIN + JULIE ANGUS
CANADA'S MOST ADVENTUROUS COUPLE

Plan your next adventure!
Buy the latest gear!
Paddlesports pool!
Exciting seminars!
Rock climbing wall!
Giant kids' jungle gym!

\$12 ADMISSION CASH ONLY
KIDS 17 & UNDER FREE

COME IN FOR THE DAY. GET OUT FOREVER!
ADVENTUREOTTAWA.CA

@ADVENTUREOTTAWA #ADVENTUREOTTAWA /ADVENTUREOTTAWA

THE
OUTDOOR +
ADVENTURE TRAVEL
SHOW

ADVENTUREOTTAWA.CA

**MARCH
16-17**
ERNST & YOUNG
CENTRE, OTTAWA

**SAVE
\$4
PER COUPLE**
or \$2 off single
admission with
this coupon.
Special offers can't
be combined.

OAS13SMET12

Shooting death. Oscar Pistorius in mourning, but not suicidal: Family

Olympic athlete Oscar Pistorius, charged with the Valentine's Day murder of his girlfriend, is not suicidal, his family announced Monday.

Pistorius "is in deep mourning but despite the tragic circumstances he is certainly not suicidal," said a statement issued by Pistorius' uncle, Arnold Pistorius. He said Pistorius has support from his family.

The family's denial comes after reports that Pistorius was distraught and contemplating taking his life. Reports



Oscar Pistorius THE ASSOCIATED PRESS FILE

also said that Pistorius is facing financial ruin over the upcoming murder trial.

THE ASSOCIATED PRESS

Safety concerns

Mexican paper to stop covering drug-cartel-related news

A newspaper in the northern Mexico border state of Coahuila announced Monday it will no longer cover information related to drug cartels,

citing safety concerns.

The newspaper Zocalo publishes in the Coahuila state capital, Saltillo.

In a front-page editorial posted on its website, the newspaper said the decision "is based on our responsibility to watch out for the safety and security of over 1,000 workers, their families and our own." THE ASSOCIATED PRESS

Death of gang-rape suspect sparks criticism of India jail



The mother of Ram Singh, the man accused of driving the bus on which a 23-year-old student was gang raped in December, cries as she speaks to journalists in New Delhi Monday. Indian police confirmed that Singh committed suicide in jail, but his lawyer and family allege he was killed. MANISH SWARUP/THE ASSOCIATED PRESS

Alleged suicide.

Lawyer claims his client was under 'no mental stress' at the time

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

Whether he was killed or committed suicide, the jailhouse death Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheets, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said. But Singh's family and lawyer alleged foul play.

"There were no circum-

stances which could have led to Ram Singh committing suicide. There was no mental stress. He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women.

THE ASSOCIATED PRESS

TAX SAVINGS WORKING FOR YOU

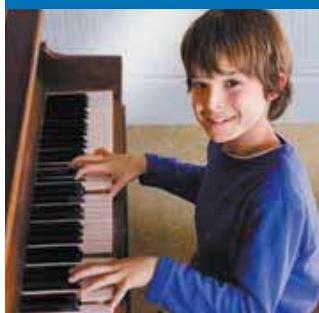
Helping create jobs and growth for Canadians.

Hiring Credit for Small Business



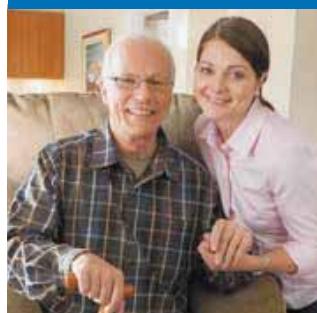
Up to **\$1000**
on EI premiums

Children's Arts Tax Credit



Up to **\$75** per child

Family Caregiver Tax Credit



Up to **\$300**

First-Time Home Buyers' Tax Credit



Up to **\$750**

Tradesperson's Tools Deduction



Up to **\$500**
from income

Take advantage of these and other tax savings. File your return online and get your refund faster.

Visit cra.gc.ca/TaxSavings



Government
of Canada
Gouvernement
du Canada



Canada

THERE'S A REAL ADVANTAGE TO CHOOSING ROGERS.



GET IT ON CANADA'S FASTEST WIRELESS INTERNET – ROGERS LTE*

CALL 1 888 ROGERS1 | CLICK rogers.com/freedomadvantage | VISIT your local Rogers retail store



Offer available for a limited time and subject to change without notice. *Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. 1 If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. 2 FLEXtab customers must pay remaining FLEXtab balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXtab customers, please call or visit your Rogers store for your applicable remaining balance. A \$35 Hardware Upgrade Administration Fee will also apply. 3 Monthly \$7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit rogers.com/terms for details. 4 Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit rogers.com/protection or see brochure in store for details. Visit rogers.com/phonefinder for phone finder details. © 2013 Rogers Communications.

NEXTBOX™ 2.0

LETS YOU CONTROL YOUR TV WITH
YOUR TABLET.

YOU CAN'T DO THAT WITH FIBE™.

DIGITAL PLUS TV
EXPRESS INTERNET &
FREE NEXTBOX 2.0
HD PVR RENTAL FOR
\$82 39/MO'
for 6 months
\$135.54/mo
thereafter. Includes
all monthly fees.



GET A SUPERIOR TV EXPERIENCE WITH NEXTBOX.²

- Easily search through our new, enhanced TV listings guide with your tablet
 - Set and manage your PVR recordings with your tablet or smartphone from anywhere
 - Watch lots of live TV channels right on your tablet from anywhere in your home
 - Do it all with Rogers Hi-Speed Internet's blazing fast Wi-Fi
 - Already have a NextBox 2.0? Just download the app to get started

CALL 1855 216-6916 | CLICK ROGERS.COM/NEXTBOX | [VISIT YOUR LOCAL ROGERS RETAIL STORE](#)

NEXT **action** ENTERTAIN **WATCH** FUTURE MOVIES **FREE** **ANYPLACE** STUNNING **NEW RELEASE** **LIVE** **PLAY** **DIARY** **WATCH** **WATCH** **FREE** **ANYPLACE** **ANYPLACE** **CONVENIENT** **ENTERTAIN** **WATCH** **WATCH** **FREE** **ANYPLACE** **ANYPLACE** **CONVENIENT** **ENTERTAIN** **WATCH** **WATCH** **FREE** **ANYPLACE** **ANYPLACE** **CONVENIENT** **STUNNING** **MOVIES** **EASY** **NEW RELEASE** **FAVOURITE** **EXCITING**

Offer available for a limited time within Rogers cable service area (where technology permits) to new customers in Ontario only and subject to change without notice. **1** Taxes extra. Includes Digital Plus TV (including NextBox 2.0 HD PVR rental) service and Express Internet (including modem rental) for 6 months. Regular monthly rates for each service will apply thereafter (including for modem and HDPVR rental or purchase) and are subject to change. Current regular rate \$135.54/mo. An installation charge of \$49.99 and activation fee of \$14.95 also apply. TV portion includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1% of the recurring TV monthly service fee. **2** Rogers Anyplace TV Home Edition only available in Ontario to Rogers customers with a My Rogers account, consolidated billing, and select HD digital set top boxes (8642 HDPVR, 4642 HD, 8300 HDPVR and 4250 HD). Customers must download the Rogers Anyplace TV Home Edition app from applicable app store (free to download). Wireless data charges deducted from usage allowance or at pay per use rate for set/manage/record and remote control features outside of Wi-Fi. Live streaming feature (currently only available on tablets) only available within your home over your own Wi-Fi connection and requires subscription to Hi-Speed Internet (Lite tier and above) and Rogers Digital TV (excluding Digital Starter Pack) and a compatible iPad or Android tablet. Internet usage deducted from your usage allowance or charged at per GB rate for your tier. Live TV content selection is limited. Visit Rogers.com/GetAnyplaceTVHome for full details. **3** Fibre is a trademark of Bell Canada. **4** Rogers & Mobius Design and NextBox are trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2013 Rogers Communications.

European Union

New cosmetics can't use animal-tested ingredients

The EU banned the sale of new cosmetic products containing ingredients tested on animals with immediate effect Monday.

"This is a great opportunity for Europe to set an example of responsible innovation in cosmetics without any compromise on consumer safety," said Tonio Borg, the EU's top official on health and consumer issues.

Animal rights groups were quick to cheer the measure, but trade body Cosmetics Europe said it "acts as a brake on innovation." **THE ASSOCIATED PRESS**

Philadelphia

Fuel tank gets stuck under plane

A fuel tank somehow disconnected from its trailer hitch at Philadelphia International Airport, rolled onto the taxiway and got stuck under an airplane.

It happened at 10:30 a.m. Monday. Airport spokeswoman Victoria Lupica says it took about 10 minutes to get the wedged tanker out from under the US Airways plane. Lupica says there was no fuel spill and no one was injured. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
97.43¢
(+0.26¢)

Natural gas: \$3.65 US (+2¢)
Dow Jones: 14,447.29 (+50.22)

New York City

Judge strikes down sugary-drink rule

New York City's groundbreaking limit on the size of sugar-laden drinks has been struck down by a judge before it was set to take effect.

The restriction was supposed to start Tuesday. Manhattan state Supreme Court Justice Milton Tingling writes that loopholes "effectively defeat the stated purpose" of the rule. The rule prohibits selling non-diet soda and some other sugary beverages in containers bigger than 16 ounces. It applies at places ranging from pizzerias to sports stadiums, though not at supermarkets or convenience stores.

THE ASSOCIATED PRESS

Montreal

Air Transat flight attendants agree to cost cuts

Air Transat's more than 1,700 flight attendants have agreed to some \$9 million in concessions to help the tour operator meet increasing competition in the holiday travel industry. Union officials say the flight attendants have voted 66 per cent in favour of the cost cuts, part of a move by the company to trim \$20 million in annual operating costs. **THE CANADIAN PRESS**

House prices to stay flat for 10 years: TD

Real estate. Following decade of strong gains, report says, it's time for a bit of payback

Canada's real estate bonanza of the past decade has come to an end and the long-term trend as one of the most profitable places to invest is also not encouraging, a new research paper from TD Bank argues.

The "special report" from one of Canada's largest banks makes the case that gains in housing prices have been exceptionally strong over the last 10 years, even when accounting for a sharp drop during the 2008-09 recession. But now is the time for a bit of a payback.

The report does not predict a collapse in house prices as some analysts have suggested. In fact, it sees prices rebounding after a few years of a correction to as high as eight per cent.

However, the longer term trend is for home price gains



A new report from TD Bank predicts that the longer-term trend is for house prices to gain an average of about two per cent over the next 10 years, which is flat once inflation is taken into account. **JUSTIN SULLIVAN/GETTY IMAGES**

to average about two per cent over the next 10 years — flat once inflation is taken into account, says TD chief economist Craig Alexander.

"I do not think we have a housing bubble in Canada," said Alexander. "We have had

abnormal strength in the market during a period of low interest rates and when rates go up over the next three years, you will get a cooling and weaker prices, but not a permanent shock and not a sharp correction." **THE CANADIAN PRESS**

Growth. OECD says Canada's economy isn't tops among G7

The Organization for Economic Co-operation and Development says Canada's economy is in a funk and may no longer be a leader among G7 industrialized nations in terms of growth.

The OECD's latest analysis of the global economy cites firming growth in the U.S. and Japan, as well as improving prospects for Germany. It says Canada's conditions point to continued growth but at a weak pace.

Ottawa has long boasted that Canada's growth was tops among the Group of Seven industrialized economies following the 2008-09 recession. But Canada's growth has been losing steam amid declining prices for key resource exports as well as a slower real estate market and other domestic factors.

A group of about a dozen Canadian economists advised Finance Minister Jim Flaherty last week to expect growth will remain below two per cent in 2013. **THE CANADIAN PRESS**

America's drink of choice? Plain old water

It wasn't too long ago that America had a love affair with soda. Now, an old flame has the country's heart.

As New York City grapples with the legality of a ban on the sale of large cups of soda and other sugary drinks at some businesses, one thing is clear: Soda's run as the nation's beverage of choice has fizzled.

In its place? A favourite for much of history: Plain old H2O.

For more than two decades, soda was the No. 1 drink in the U.S. with per capita consumption peaking in 1998 at 204 litres a year, according to in-

dustry tracker Beverage Digest. Americans drank just 159 litres a year of water at the time.

But over the years, as soda increasingly came under fire for fuelling the nation's rising obesity rates, water quietly rose to knock it off the top spot.

Americans now drink an average of 166 litres of soda a year, a 17 per cent drop from the peak in 1998. Over the same time, the average amount of water people drink has increased 38 per cent to about 220 litres a year. Bottled water has led that growth.

The trend reflects Amer-

Will tap or bottle prevail?

- Analysts expect water to hold on to its top spot for years to come. But whether people will drink from the tap or a bottle is uncertain.

icans' ever-changing tastes; it wasn't too far back in history that tap water was the top drink.

But in the 1980s, carbonated soft drinks overtook tap as the most popular drink, with Coca-

Cola and PepsiCo putting their marketing muscle behind their colas with celebrity endorsements from the likes of pop star Michael Jackson and comedian Bill Cosby.

Americans kept drinking more of the carbonated, sugary drink for about a decade. Then, soda's magic started to fade: Everyone from doctors to health advocates to government officials were blaming soft drinks for making people overweight. Consumption started declining after hitting a high in the late 1990s.

THE ASSOCIATED PRESS



**YOUR PHONE KNOWS NO LIMITS.
NEITHER SHOULD YOUR DATA.**

This could be your wake-up call. Visit WINDmobile.ca

THAT'S THE POWER OF



FACE IT: YOU LOVE YOURSELF

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own, thanks to the part of our brain — the fusiform gyrus region, to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother



SHE SAYS
Jessica Napier
metronews.ca

and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortive mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the

outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Only One Direction to wax museum



Immortalizing a stylish boy band

Fans of Harry Styles and his bandmates at One Direction need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London,

England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. **METRO WORLD NEWS**

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

\$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."



@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C., and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.

Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blusion: Distant cousin to Hockey Great Bobby Orr

@Elisambungay: J-Bru (Jason Bruce) babyyy

@SusanLouheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@unicornears_ My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice



of Franklin the Turtle.

@ILike42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica -Grandfather

@ole_dory_plugin: My great uncle is Bobby Arvon, the singer of the theme to Happy Days in its 11th season.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

*Discover
the difference!*

VISIT 240SPARKS.COM



INDOORS

CORNER OF BANK AND SPARKS

Free Underground Parking weekdays
after 5:00 pm and all-day on weekends

JIMMY THE GREEK

TIMOTHY'S

LES 3 BRASSEURS

LUNCH

SUBWAY

food



restauration

MARCELLO'S MARKET & DELI

ASIAN GOURMET

TERIYAKI EXPERIENCE

TUTTO PASTA

MANHATTAN'S HAND MADE BURGERS

**104.7 FM OUTAOUAIS
LIVE ON-LOCATION!**

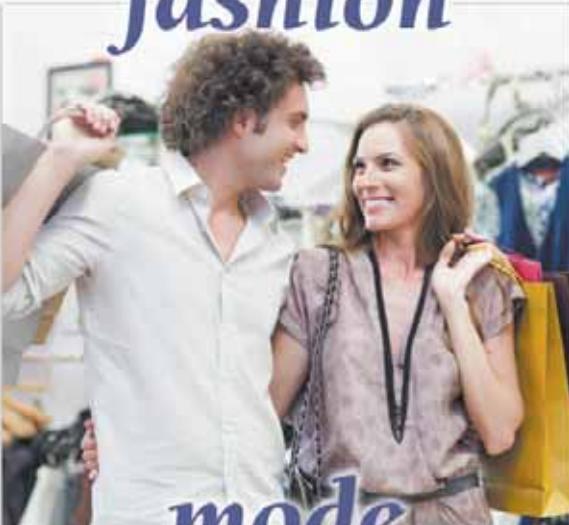
TOMORROW FROM 10AM - 2PM

BENTONS

HOLT RENFREW

BOUTIQUE ELISA G.

fashion



mode

ZA ZA JEWELRY
AND ACCESSORIES

FAIRWEATHER

**104.7 FM OUTAOUAIS
SUR PLACE DEMAIN!**
DIFFUSION EN DIRECT DE 10 h À 14 h

APPLETREE MEDICAL CENTRE

SPARKS DENTAL CLINIC

LCBO

SHEAR HEAVEN

service



services

REXALL

HILLARY'S

MERHI QUALITY SHOE REPAIR

WIND MOBILE

INTERNATIONAL NEWS

*Découvrez
la différence!*

VISITEZ LE 240SPARKS.COM



À L'INTÉRIEUR

À L'ANGLE DES RUE BANK ET SPARKS

Stationnement souterrain gratuit après 17 h en
semaine et toute la journée les fins de semaine

**Life of Pi****Director.** Ang Lee**Stars.** Suraj Sharma, Irrfan Khan, Adil Hussain

• • • •

With *Life of Pi*, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of *Life of Pi* with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, *Life of Pi* leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL**Rise of the Guardians****Director.** Peter Ramsey**Stars.** Hugh Jackman, Alec Baldwin

• • • •

Rise of the Guardians, in which childhood dreams unite to fight a terrible nightmare, seems destined to become not so much an instant Christmas classic as an eventual holiday cult film. Yet this directing debut by storyboard artist Peter Ramsey feels patchy, and too reliant on the "need to believe" hook it has brazenly lifted from *Peter Pan*. I suspect these objections will fade over time, similar to how *The Polar Express* gradually found an audience. **PETER HOWELL**

DVD review

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of *Tomb Raider*, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-busty Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of *Tomb Raider* at Crystal Dynamics, tells Metro. "We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her. So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Croft's origin story. "We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.

How did the game developers go about handling Lara's makeover?

After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?

We used one girl for her face and one for her body. We wanted someone normal, not a pin up. We chose models



The new Lara Croft is more "humanized" with an athletic build. **HANDOUT**

that had body fat to them; that weren't super skinny. The body model is actually a stuntwoman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."

Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look

of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?

I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...

We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.



Camilla Luddington did the voice and performance capture for the video game. **GETTY IMAGES**



The old Lara Croft was a busty, booty-short-clad adventurer. **HANDOUT**

How realistic are the moves in the game? Are they stunts her body double could have done?

There's a little bit of exaggeration, but the hope was always to make it feel realistic. She performs a lot of moves that most people probably don't do on a daily basis, but that's a sort of hero aspiration. She's on her journey to becoming the Tomb Raider. We had to make sure it wasn't so real we lost the fun factor.

Did you get any input from fitness experts when developing her physical abilities?

Because she's not trained, we didn't want her to have that extra sense of expertise. The moves feel scrappy. But she's very resourceful. For instance, she has this move where she grabs dirt and throws it in someone's face. It's much more about doing whatever it takes to get the job done.

The Word
What is going on at The View?

THE WORD
scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch *The View*? Maybe I'm mistaking this squawkfest of an hour with *The Chew*, or maybe even *The Talk*.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't stand it when you got all the attention, Elisabeth

Hassel-a-hack came out and was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A pricey pair worth protecting

Jennifer Love Hewitt can apparently put a price on her breasts, at least when it comes to the idea of insuring them as valuable assets. "I need, like, an insurance invitation. If somebody was like, 'Hey, you know what? We would like to insure your boobs for \$2.5 million,' I'd be like, do it. Love it! Why not?" she tells USA Today. "These things right here are worth \$5 million."

Money-makers

"These things right here are worth \$5 million."

Jennifer Love Hewitt
On her womanly assets

Post-Oscar season has been good for the soul

While *OK!* Magazine claims the stress of awards season may be causing tension between Ben Affleck and wife Jennifer Garner, the *Argo* director says life post-Oscars has been a great time for them. "It's been a really nice time to hang out with my wife and that sort of thing, so we're just enjoying it," Affleck says, according to *E!* News.



Pop goes their world: Bieber cancels concert in Portugal

Following a tumultuous week in London, Justin Bieber headed to Portugal already offering up bad news for fans hoping to see him tonight. "Due to unforeseen circumstances, Justin Bieber was forced to cancel the second (concert) in Portugal

on 12 March," local promoter Everything is New announced, though his concert last night remained scheduled as planned. "Holders of tickets valid for 12 March should contact the respective place of purchase to receive a refund."

YOU COULD WIN

A TRIP FOR 2

TO THE 2013 JUNO AWARDS
IN REGINA!

CANADA'S MUSIC AWARDS

APRIL 21

BRANDT CENTRE, REGINA

JUNO AWARDS 2013

CTV

VISIT
club
metro
.com
TO ENTER

Package includes
2 tickets to The 2013 JUNO Awards
Broadcast and various JUNO Public
Events, Travel & Accommodations.

PLUS

1 \$50 hmv gift card courtesy of

hmv

No purchase necessary. Terms and conditions apply.
For full contest details and terms and conditions, visit clubmetro.com.

OTTAWA SPRING APERTURE EXHIBITION

A great collection of photographic images created by local artists

Photographers!
Limited spots available!
Sign up today!

March 16 11am - 5pm
FREE ADMISSION

SPONSORED BY:
HENRY'S

Ottawa Convention Centre
Centre des congrès d'Ottawa

www.ottawaspringaperture.com

Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series *Nikita*.

He also played rookie hockey player Trevor Lamonde in the CBC show *MVP* and recently filmed a mixed martial arts movie called *Only I*. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series *Being Erica*. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

I play a Navy SEAL on *Nikita* and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power. Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs back behind you until you're at the top of a pushup.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands

on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps. And it's a killer ab workout.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a comfortable fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a minute. If you need to stop (\$20 says you will), instead of resting quickly grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right leg forward, body twisted to the right, quickly jump and



Actor Dillon Casey stays in shape with these exercises. DAVID LEYES / CONTRIBUTED

switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Inverted rows

It's not all about "mirror muscles" — you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging

Switch it up

Beating boredom

My workouts have become all about maintaining interest. After hitting the gym for 14 years straight it starts to get old, so I've learned to adapt and change as I go.

I start with 30 to 45 minutes of cardio, but try to keep my body guessing. I'll sometimes do an HIIT workout on the treadmill with some interval training — the issue here is making sure I give myself enough time to recover.

After cardio I'll do a five-minute ab circuit. I've been setting up a "round timer" on my iPhone. I'll do five different ab exercises at a minute each with little rest in between (10 seconds max): bicycle crunches, flutter kicks, scissor kicks, the ab roller and drop elbows (look this one up — it's a grind).

ing naturally out in front of you. Pull the weights back as far as you can — you should feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are biceps and shoulders. Do it for a minute. Keep your knees bent so you don't put too much stress on your lower back.

**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

This week:

Oral Cancer Isn't Just for Smokers Anymore...



NEED A RIDE?

Read **metrodrive**
every Wednesday.

Commuting doesn't have to be a pain in your neck

Sprain-strain injuries.

Small aches and pains can have big consequences. Here's how to stay healthy on your way to work

MEREDITH
ENGEL
life@metronews.ca

If you're on the train or bus right now, try this self-check: Are you bending your neck to read this? Are you fidgeting from one foot to the other? Is there a gym bag or heavy purse on your shoulder? If so, those little aches and pains you've been complaining about might be related to how you get yourself to and from work each day.

"I hear this all the time with patients," says Dr. Louis Peterson, a chiropractic physician in

New York City. "They'll come in (saying), 'Oh, my neck's sore.' Those little things start to add up on the commute."

And they can add up to long-term consequences, he says. "What you end up (getting) is a sprain-strain injury, where your neck actually gets strained. The muscle fibres start to get slight tears in them. Most people just aren't aware."

We asked Peterson to explain how we should be travelling to and from work.

Try to stay awake

Anyone looking for some extra zzz's shouldn't find them on the subway. "When (commuters) fall asleep with their neck stuck to one side, eventually problems (develop)," Peterson says. "The neck gets strained." The fix: "Have your neck up and supported."

Make it a balancing act

"If you're standing and holding on, you should try to

distribute your weight. You shouldn't be on one foot or the other," Peterson says. And don't get distracted. Using your phone or trying to read will make your head point downward, which you're trying to avoid.

Hold your book (or your Nook, or your Metro!) up

"When you're commuting, you're spending a lot of time reading and your head is face-down. That causes issues with the neck, and that's always problematic." So hold reading material up.

Hold your bags or purses correctly

"Backpacks are the acceptable bags, not having a single bag trying to balance on the shoulders," Peterson says. If you have a purse, hold it in your hand, not on your shoulder, because the shoulder is where problems develop. Indeed, if you rest a bag there,

Walk this way
Sorry ladies, but you really should go for the suit-with-sneakers look.

- "You can put your heels on at work," says Peterson. "When commuting, you should try to stay away from (wearing heels). It puts an enormous amount of pressure in your lower back."

your shoulder can "get tilted one way or the other," he says. "You tend to yank that shoulder up higher, and after a while your neck cracks up."

Stretch

It's not just for athletes. "If you have some pains, try simple stretches for the neck or the low back," Peterson advises. "If it hurts, (use) ice. If you're really dire, give me a call."



Distribute your weight evenly when standing on the train or bus to avoid putting unnecessary strain on your back, neck and shoulders. ISTOCK IMAGES

Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



For retailer inquiries, please call
True North Nutrition directly at
toll free 1-800-261-4223.

...simply
because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MOT.

**SHOPPERS
DRUG MART**



Fitshop.ca

Fitness For Everyone.
healthstore locator
www.healthstorelocator.com

nutrition house

Better Health Lives Here
Nutrition House St. Laurent
Nutrition House Rideau Center

From sea to oven



ROSE REISMAN
for more, visit
rosereisman.com

This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. For some extra spice sprinkle with

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

dried chili flakes.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place shrimp, squid and mussels on prepared baking sheet. Roast 8 minutes, or until the mussels open. Remove from the oven and keep covered.

3. While seafood roasts, cook linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta

water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with cooking oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Download Canada's top rated newspaper app today

★★★★★

"I love this app, it keeps me up to date with what's going on in the city and around the world."

— NB

**WIN 1 OF 5
\$500**

SHOP.CA SHOPPING SPREES SIGN-UP FOR YOUR CHANCE TO WIN

SHOP HAPPY at Canada's biggest store, with millions of products and thousands of brands. Get everything you need from 26 categories like home appliances, furniture, electronics, clothing, shoes, travel and MORE!

VISIT CLUBMETRO.COM TO ENTER

SHOP • CA™

SHOP & EARN, EVERY TIME!™

WWW.SHOP.CA



Free Shipping
on millions of products



Free Returns
365 days a year



No Duty
or Tariffs

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of Eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Five (5) \$500 bonus rewards prizes are available to be won. Contest closes March 21st, 2013 at 1159PM (EST). To enter and for complete contest rules visit www.clubmetro.com

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro



Looking for romantic bliss? E-dating coaches say they can help. ISTOCK

Tax myths that can cost you

Not true!

Falling for these financial fallacies can get you into quite the pickle when it comes time for the taxman to go over your paperwork



YOUR MONEY
Alison Griffiths
money@metronews.ca

For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing. If you believe them they'll cost you time, trouble and money. Here are some of the most common:

1. Maternity leave and EI income is not taxable.

Income is income and the government always wants its pound of flesh! Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate. De-



Don't be like this guy and give yourself a headache come tax time for believing tax myths. ISTOCK

pending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.

Even if you aren't claiming a deduction for the contributions, you are still required to record the fact that you made them. "If you don't claim a deduction in the year it was made, you will have to file for a readjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered

income.

This is an enduring tax myth. Anyone earning tips in any industry is required to report the amount. For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant. "I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont. The average additional tax tab was \$1,500.

4. Students get refunds on their tuition.

In order to get a refund, you need to have overpaid tax during the year. If a student does not have taxable income, they cannot use their tuition and education credits on their return. Note: Students can transfer up to \$5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years. However, tuition must be recorded on the return in the year it is paid.

Contact Alison at griffiths.alison@gmail.com or alisonsgriffiths.ca

The course of true love never did run smooth, but would an e-coach help?

Calling in the pros.

Internet dating consultant likens his service to that of a personal trainer

NATALIE

SHURE

Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize

and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fum-

It might seem shallow but...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshoping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."

bles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

Career Training

BE HANDS-ON WITH MASSAGE THERAPY

CALL 1-866-643-6317 OR VISIT US ONLINE AT WWW.EVERESTCANHELP.CA

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

OTTAWA EAST
16 Convenient Locations in Ontario
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

YOUR ANSWERS FOR EXAM PREP

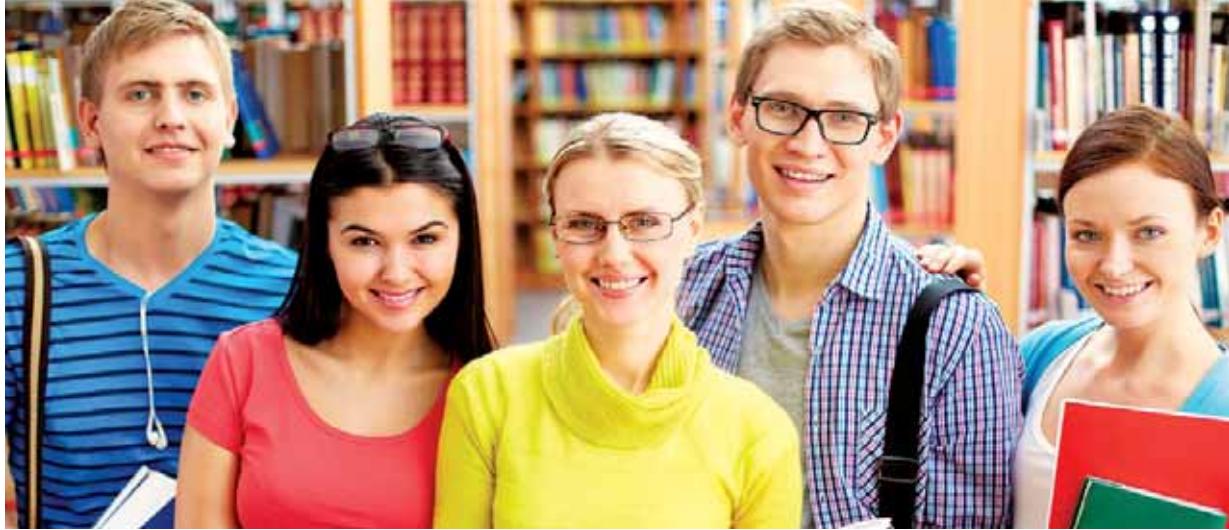
It's almost that time of year that all students dread — exam time. The time of year where students go into hiding, cramming and stressing for those final exams that are just around the corner.

Take the pressure off this year and prepare for those exams and final projects a bit earlier and save yourself the headache.

The first and most important tip for preparing for an exam, or even exam season, is to make sure you get plenty of rest. If students are not resting properly, they lose the ability to focus on the task at hand.

There is nothing worse than going over material a thousand times, but not being able to fully take it in because you are too tired to comprehend it. A shorter amount of study time where you are completely focused is always better than double that time where you are only partially focused.

Next, start preparing early. Don't leave the exam preparation to the last minute. By reviewing course material right after the class or at the end of each day, you may be able to retain the information better.



ISTOCKPHOTO/THINKSTOCK

Third, set realistic study goals.

By breaking up course materials into smaller study sections, getting through the material will seem more achievable and less likely to cause you exam stress.

Next, get comfortable. Find an environment where you are free of distraction and can work comfortably.

Also, get some exercise. Getting out of the house or place of study and getting some form of exercise will help refocus your energy for when you get back to the books. Exercise may also help you feel more tired at the end of the day and may lead to a better sleep.

Finally, take good care of yourself.

With proper rest, exercise and also diet, avoid illness or stress-related issues by making sure you are in your best mental and physical state when entering into exam season.

Just like a top athlete, top students need to train and prepare to reach that finish line successfully. — Candice Ward

FREE ENGLISH CLASSES



Ottawa Chinese
Community Service
Centre (OCCSC)

381 Kent Street
Suite 208, Ottawa

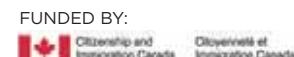
For more
information, call:
613-235-4875
ext.126/128

Language Instruction for Newcomers to Canada (LINC)

- Part-time with flexible schedules; LINC 1-6
- Several LINC locations: Central, Barrhaven and Kanata
- Small Classes
- Free childminding (19 months to 6 years)

ELIGIBILITY:

- Age 18 and older
- Permanent Residents or Convention Refugees
- Ontario Residents

FUNDED BY:


We see great training in your future!



Studio 58 Auditions

- PROFESSIONAL THEATRE TRAINING

AUDITIONS in: OTTAWA, Vancouver, Edmonton, Winnipeg & Toronto in late April/early May

- ACTING Program (3 years)
- PRODUCTION Program (2 years)

Like us on Facebook! 

Follow us on Twitter! 

Application deadline: March 29, 2013

For application & information:

Studio 58, Langara College
100 W 49th Ave, Vancouver, BC V5Y 2Z6
T: 604.323.5652 | F: 604.323.5579
E: studio58@langara.bc.ca
www.studio58.ca

SPRING
2013



Langara.
THE COLLEGE OF HIGHER LEARNING

MONEY MATTERS FOR STUDENTS

Not every 18 year-old, or even more mature student, has a few thousand dollars just laying around.

So when the decision is made to pursue post-secondary education, students are always left with the problem of how to fund their new endeavour.

Sure, rich or smart-planning parents who have saved money for you since you were born always helps, but most students don't have that luxury and are stuck searching for ways to pay for their education on their own.

Thankfully, students in Canada have a number of options when it comes to paying for their education. Aside from using money already saved, there are a number of scholarships, bursaries and grants that are available to students through a number of different sources.

One of the first places to start searching is your school's website. Many institutions have links to scholarships and grants available for their students. It may take some digging around and a few applications to fill out, but these are great ways to chip away



ISTOCKPHOTO/THINKSTOCK

at the thousands of dollars for tuition, books and even cost of living.

Part-time jobs are also a great way to

supplement your income while in school. A great way to make use of your part-time job is to look for employment in the field where

LOANS AND GRANTS

Canada Student Loans can be applied for through its website (hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml). You can also apply for grants, money you won't have to pay back. You may also discover that you are eligible for bursaries you didn't know were available to you.

you are studying since it will give you a feel for the industry you are hoping to get into.

Looking for a part-time entry-level job in an organization where you are hoping to work after your post-secondary education is a great way to get your foot in the door and make connections.

Finally, when looking to fund your education, seeking out loans is the most common way to secure funding. Places such as your bank or Canada Students Loans are available to help you with your journey to higher education.

— Candice Ward

HELP SHAPE THE WORLD

BROADEN HORIZONS AT SAINT PAUL UNIVERSITY

Are you a thinker looking to make a difference in the world?

Saint Paul University is a constantly evolving environment where students learn to discover and explore the major issues and challenges shaping the world, and can put forward their own solutions to create a better world.

Saint Paul is a bilingual university offering a variety of cross-disciplinary and interdisciplinary programs. From social communications to ethics, conflict studies, group intervention and leadership, philosophy, human relations and spirituality, theology and canon law, Saint Paul helps students broaden their horizons.

Saint Paul values small classroom learning and believes in a closer student-teacher ratio. As a human scale university, Saint Paul believes your education is about being in the world in a new way that will inspire you to effect change.

Saint Paul University offers you a wide range of opportunities to make it easier for you to apply such admissions scholarships,



ISTOCKPHOTO/THINKSTOCK

recognition of transfer credits and even a student-for-a-day program.

Get involved and discover the face of change today at ustpaul.ca.

Saint Paul University is the founding college of the University of Ottawa (1848), with whom it has kept an institutional relationship since 1965.

This is the face of change

Discover our undergraduate and graduate programs:

- Canon Law
- Conflict Studies
- Counselling and Spirituality
- Ethics and Philosophy
- Human Relations and Spirituality
- Social Communication and Leadership
- Theology

Get to know us better | ustpaul.ca

223 Main Street, Ottawa ON
613 236-1393 | 1 800 637-6859



Saint Paul University is the founding college of the University of Ottawa (1848), with whom it has been academically federated since 1965.



UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

Helmets don't prevent concussions, report says

Head injuries.

Published study finds relying too much on equipment for protection can be detrimental

An athlete's comfort that their protective equipment will prevent serious injuries may be their own worst enemy.

Mouthguards and helmets

will prevent a number of sports injuries, particularly in hockey — but a report released Monday says they provide no protection against concussions.

Published in the British Journal of Sports Medicine, the report, born out of the 4th International Conference on Concussion in Sport in Zurich, Switzerland, last November, says players pose a risk to their own health when relying too heavily on equipment to keep them safe, especially helmets and mouthguards.

Along with players diagnosed with a concussion, players suspected of a head injury should be removed from action for a period of time and amateur and professional leagues should look at ways to address violence, like fighting, to curb potential injuries.

An important consideration in the use of protective equipment is the concept of risk compensation ... where the use of (this) equipment results in behavioural change, such as the adoption of more dangerous

Definition broadened

A panel of 32 international experts on brain injuries sifted through the research and viewed presentations to come to a consensus. The report clarifies the definition of concussion, stating a player does not have to lose consciousness before being

considered concussed and removed from play.

- Less noticeable symptoms can range from headache and memory loss to irritability, slowed reaction times and sleep disturbance.

ous playing techniques, which can result in a paradoxical increase in injury rates," the report reads. **TORSTAR NEWS SERVICE**



Sens in tough against Bruins

Eric Gryba, left, of the Ottawa Senators fights for possession of the puck with Boston Bruins centre Patrice Bergeron at Scotiabank Place on Monday. For more coverage of the game, go to metronews.ca. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Soccer. Canada advances to Cyprus Cup final

Christine Sinclair scored the game's only goal and Canada advanced to the final of the 2013 Cyprus Women's Cup with a 1-0 win over the Netherlands on Monday.

Canada finished in top spot of Group B with a 3-0 record.

Sinclair scored her 145th career international goal in the 42nd minute.

Canada will now move on to face England.

THE CANADIAN PRESS



Christine Sinclair
THE CANADIAN PRESS FILE

NBA

Irving facing more time on sideline

Kyrie Irving's dazzling skills as a point guard are undeniable.

His durability is debatable.

Irving could miss the next month — and maybe the rest of this season — with a sprained left shoulder, the latest injury to sideline the Cavaliers' all-star guard who has missed 29 games in his first two NBA seasons with injuries.

THE ASSOCIATED PRESS

Base-brawl. Fracas causes concern in Japan

The brawl between Canadian and Mexican players at the World Baseball Classic has caused concern in Japan, where bunting is a big part of the game.

The brawl began in the ninth inning Saturday when Rene Tosoni was hit by a pitch from Mexico's Arnold Leon after Canada's Chris Robinson reached on a bunt single with his team leading 9-3.

The Mexicans considered it a violation of baseball's un-

Defending champs

Japan is the defending champion of the WBC.

written rule that you don't run up the score late in a game by bunting to get on base. In Japan, players steal bases and bunt late in games regardless of the score because it's considered fundamentally sound.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

Taurus

April 21 - May 21

Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

Gemini

May 22 - June 21

You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

Cancer

June 22 - July 23

Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

Leo

July 24 - Aug. 23

Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

Virgo

Aug. 24 - Sept. 23

Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

Libra

Sept. 24 - Oct. 23

Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

Scorpio

Oct. 24 - Nov. 22

Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

Sagittarius

Nov. 23 - Dec. 21

You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

Capricorn

Dec. 22 - Jan. 20

Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

Aquarius

Jan. 21 - Feb. 19

You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

Pisces

Feb. 20 - March 20

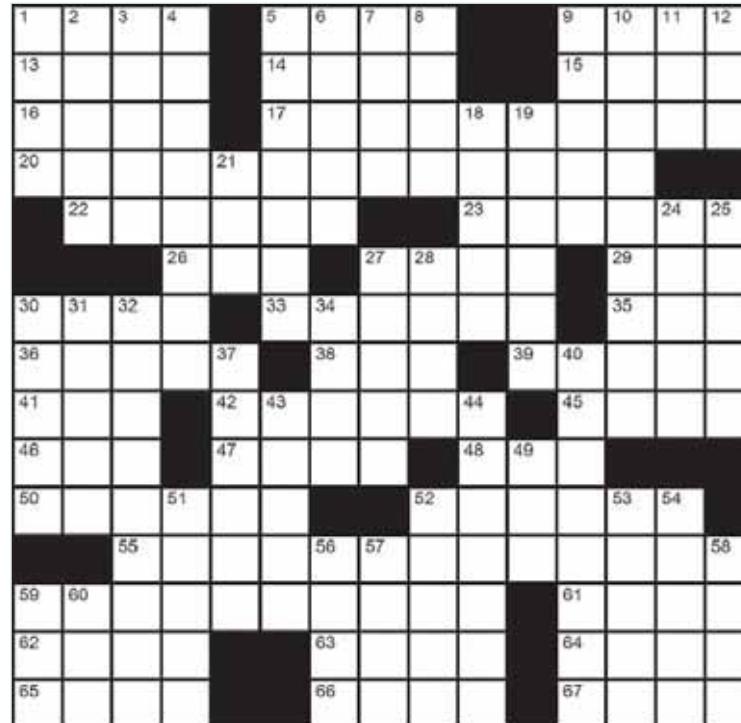
If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Hoodwink
- Taxis
9. Bit of Beatles: "I ___ film today, oh boy..."
13. Walk worriedly
14. One of Esau's biblical wives
15. "South Park" co-creator Mr. Parker
16. Celebes buffalo
17. Singer/songwriter Alanis
20. "Girl With a Problem" band from Saskatoon, The ___
22. Prevail
23. ___ Beach, South Carolina
26. 'Angel' add-on (Brad's love)
27. Take a seat tiredly, ___ down
29. 'Event' suffix
30. "Smooth Operator" singer
33. Sacred place
35. Turkey
36. Some speeds
38. '___ for Ottawa
39. Church topper
41. Ms. Zellweger, for short
42. ___ garage
45. Bellowing
46. "Was that ___?"
47. Drove
48. Prefix with 'dermis'
50. Guard
52. Buys
55. PEI to New Brunswick link, ___ Bridge
59. Acadian heroine in Longfellow's epic poem

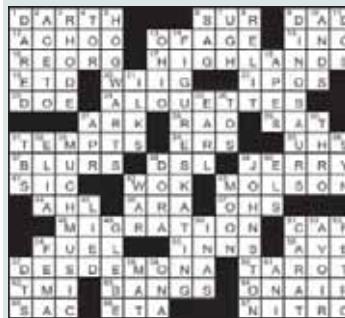


- Corn lily
- Balmy
- Fewer
- Naughts
- Christian of 'Batman' movies
- Commotions
- Liza Minnelli's ex-husband DavidT

Down

- Traverse
- Adventurer's watercraft
- Squirrel's prize
- Non-vegan fare: 2 wds.
- Picture takers
- Love lots
- Farm building
- Transport
- Ranch animal
- Creator's cocoon: 2 wds.
- Soaked
- Sailor's 'yes'
- Mr. Cowell
- Communicates via the Internet this way
- Attila the ___
- Sweets shop, ___ Secord
- Respected person

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	5	2	8	9	3	4	6	7
7	8	9	4	6	5	1	3	2
3	6	4	1	2	7	8	5	9
2	4	5	6	1	9	3	7	8
6	7	8	3	4	2	9	1	5
9	3	1	5	7	8	2	4	6
8	1	7	2	3	6	5	9	4
4	2	6	9	5	1	7	8	3
5	9	3	7	8	4	6	2	1

4	2	5	7	3
8	6			
		4		2
9	8	1		
3		9	5	7
		6	8	4
5			9	
		3	2	
1	9	3	6	5

Available anywhere.

Download the NEW Metro app today.



QuestChat
NORTH AMERICA'S BUSIEST CHAT LINE
FREE TRIAL
613.232.4444
Other cities 1.888.482.8282
Dial #CHAT(2424) .79/min.
Text "QUEST" to 96669 \$5/30min
Free trial not applicable on #CHAT
©2013 QuestChat.com
QUESTCHAT.COM
FREE APP

Today

7° / -5°
Showers
40%

Wednesday

3° / -11°
Rain or snow
showers
60%

Know what the weather
will be 14 days from now.

Check the 14 day trend.

©The Weather Network 2013

Correction Notice

The Dodge Dart ad that appeared in the March 6th issue of this newspaper incorrectly stated that the lease offer for the vehicle featured a Purchase Price of \$16,995 with \$1,599 down payment with a cost of borrowing of \$3,141.90 and a total obligation of \$14,591.20. The actual lease offer features a Purchase Price of \$16,575 with \$2,179 down payment with a cost of borrowing of \$2,976.20 and a total obligation of \$14,608.10. We are sorry for any inconvenience this error may have caused.



SELL YOUR GOLD WITH PEACE OF MIND

LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, OttawaGold is the leading, trusted authority in the industry. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

HERE ARE A FEW WAYS WE TEST YOUR GOLD:



ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.



SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

1

Bring in your unwanted gold, silver and platinum.

2

Our friendly and professional staff will test your items right in front of you and involve you in every step.

3

Receive your instant on-the-spot payout!

WHAT WE PAY...

KARAT

KARAT	PRICE
1 ounce (9999) Maple Leaf Coins	\$1,558.59/coin
9999 Canada Maple leaf, less than 1 ounce	\$50.12/g
24k Jewellery	\$39.41/g
22k	\$36.10/g
E. Indian/Nuggets	\$32.00/g
18k	\$29.56/g
Dental Gold (yellow)	\$24.04/g
14k	\$22.98/g
10k	\$16.40/g
9k	\$14.78/g
Stamped Sterling Silver Jewellery	\$0.54/g
Platinum (950 purity)	\$35.75/g

Prices updated as of 13/03/11

613.979.GOLD (4653)

Westgate Shopping Centre
1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm
Saturday, 10am to 5pm • Sunday, 12pm to 4pm

www.OttawaGold.ca

